

# UNITED

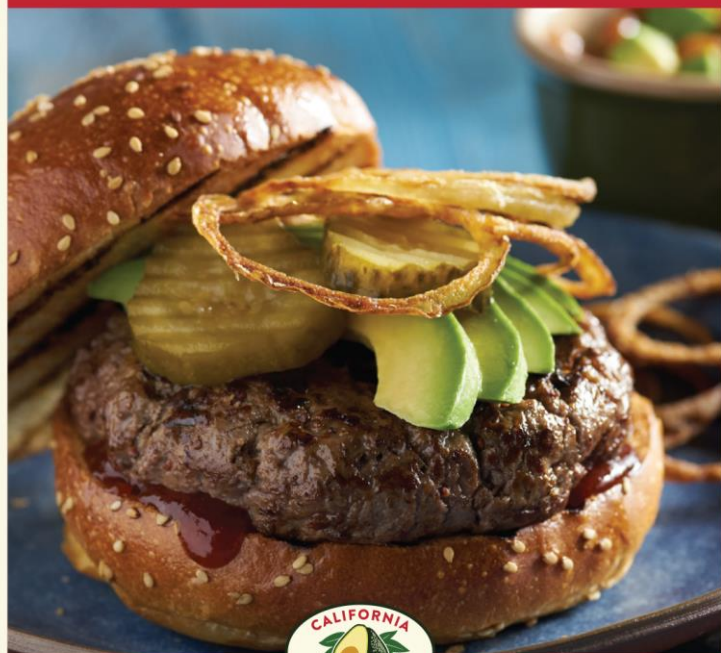
# PLATES OF

# AMERICA



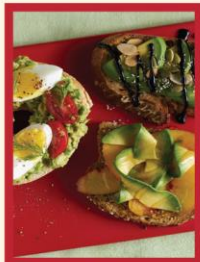
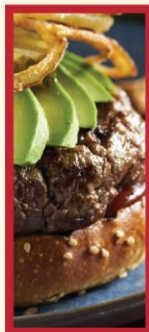
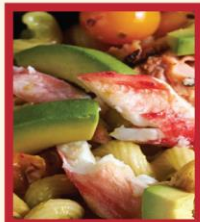
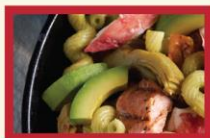
FEATURING

## CALIFORNIA AVOCADOS



# LET'S CELEBRATE THE UNITED PLATES OF AMERICA!

American summer holidays are perfect times to gather with friends and family and enjoy barbecues, picnics and casual meals. It's also the ideal time to enjoy California Avocados at the peak of their season!



The recipes in this booklet celebrate the cuisine of the United States of America, particularly California and our neighbors in the West. For more recipes celebrating great combinations of foods from other states with California Avocados visit [CaliforniaAvocado.com](http://CaliforniaAvocado.com).

## HOW TO MAKE A CALIFORNIA AVOCADO ROSE

Avocados are a naturally beautiful fruit, adding color, texture and flavor to just about any dish you can imagine. Sliced, diced, mashed – all wonderful. Avocados also can be cut into fun or artistic shapes to add interest using vegetable peelers, cookie cutters and more.

### TO MAKE A CALIFORNIA AVOCADO ROSE:



- 1** Oil a very smooth food-safe surface. Cut one half avocado and carefully remove seed and peel. Very thinly slice the half width-wise.



- 2** Gently fan out slices with their sides still touching.



- 3** Beginning at one end, gently roll up the slices into a spiral rose shape.



- 4** If desired, pull, push or slightly flatten avocado "petals" to accentuate the rose look.





## California Avocado & Veggie Breakfast Casserole

A delicious way to enjoy California fruit and veggies for breakfast.

SERVES 6      TIME 1 HOUR      VEGETARIAN

### INGREDIENTS

- |   |   |
|---|---|
| 3 cups mixed raw vegetables, shredded or diced*, moisture squeezed out and well-drained | 1 tsp. hot sauce  |
| 1 Tbsp. minced green onions   | 4 oz. Swiss cheese, shredded                                  |
| 2 oz. cream cheese, cut or pinched into small cubes                                     | 2 Tbsp. flour   |
| 4 large eggs  | ½ tsp. sea salt, optional                                     |
| ¼ cup 1% low-fat milk   | 1 ½ ripe, Fresh California Avocados, peeled, seeded and diced |
|   | 2 Tbsp. grated Parmesan cheese                                |

\*Squeeze moisture out of shredded vegetables and/or rinsed, thawed frozen or canned vegetables. Recipe was tested with 2 cups shredded zucchini, ½ cup artichoke hearts and ½ cup mushrooms sautéed in 1 tsp. extra virgin olive oil.

### INSTRUCTIONS

Preheat oven to 375°F. Place 1/2 of vegetables into an 8 x 8-inch baking pan (line with nonstick foil if desired). Top with cream cheese, then remaining vegetables. In a medium bowl whisk together eggs, milk, hot sauce and salt. Whisk in flour and Swiss cheese. Pour evenly over vegetables. Bake 20 minutes. Meanwhile quarter and slice the avocados width-wise. Top partially baked casserole with avocado slices; sprinkle with Parmesan. Bake 10 minutes more or until slightly puffed and golden around the edges. Let sit 5 minutes; cut into rectangles and serve.

**Nutrition Information Per Serving using vegetables noted above:** Calories 280; Total Fat 21 g (Sat 8 g, Trans 0 g, Poly 2 g, Mono 9 g); Cholesterol 155 mg; Sodium 420 mg; Potassium 460 mg; Total Carbohydrates 11 g; Dietary Fiber 4 g; Total Sugars 3 g; Protein 13 g. % Daily Value\*: Vitamin A 15%; Vitamin C 20%; Calcium 25%; Iron 8%



## California Avocado Toast 24/7

Avocado toast is awesome any time of day. Here are some California favorites:

### BREAKFAST

Mash California Avocado on a toasted bagel. Top with quartered or sliced soft boiled egg, grape tomato slices, Dijon mustard and fresh dill.

### SNACK

Top toasted artisan bread with stacks of California Avocado slices. Sprinkle with nuts and seeds then drizzle with balsamic glaze or soy aminos.

### DESSERT

Toast thin-sliced whole wheat bread with ribbon-cut California Avocado and slices of in-season fresh fruit such as peaches, nectarines, plums or strawberries. Drizzle with honey.





## Berries, Baby Lettuce & Avocado Ribbons

A taste of California and the Pacific Northwest.

**SERVES 4**      **TIME 15 MINUTES**      **VEGAN**

### INGREDIENTS

- |   |  |   |   |
|---|--|---|---|
| 1 | firm-ripe, Fresh California Avocado, seeded and peeled | ½ | tsp. black pepper                               |
|   |  | 1 | tsp. minced fresh thyme                         |
| ⅓ | cup fresh lemon juice, preferably Meyer                | 4 | cups mixed baby lettuces                        |
| 2 | Tbsp. grapeseed oil                                    | 2 | cups mixed fresh berries and/or pitted cherries |
| 1 | tsp. reduced sodium soy sauce                          | 1 | small pear or apple, sliced or shaved           |
| 2 | tsp. Deli-style mustard                                | ½ | cup very thinly sliced mushrooms                |

### INSTRUCTIONS

In a blender combine ¼ avocado, lemon juice, oil, soy sauce, mustard, pepper and thyme until well blended; chill. Place lettuces on a serving platter. With a vegetable peeler or knife, shave remaining avocado into thin ribbons and arrange on lettuce. Top with remaining ingredients. Drizzle with the chilled dressing or serve on the side.

**Nutrition Information Per Serving:** Calories 210; Total Fat 15 g (Sat 2 g, Trans 0 g, Poly 6 g, Mono 6 g); Cholesterol 0 mg; Sodium 120 mg; Potassium 430 mg; Total Carbohydrates 20 g; Dietary Fiber 8 g; Total Sugars 8 g; Protein 3 g. % Daily Value\*: Vitamin A 60%; Vitamin C 60%; Calcium 6%; Iron 15%

## Roasted Potato Salad with California Avocado, Peppers & Caramelized Onions

The mountain states are famous for their potatoes, which pair beautifully with California Avocados.

**SERVES 8**      **TIME 1 HOUR, PLUS CHILL TIME**      **VEGAN**

### INGREDIENTS

- |   |  |   |  |
|---|--|---|--|
| 2 | lbs. small red potatoes, scrubbed      | ½ | tsp. salt, plus additional to taste                        |
| 1 | yellow onion, peeled and cut in wedges | 2 | ripe, Fresh California Avocados, peeled, seeded and mashed |
| 2 | large jalapeño peppers                 |   |  |
| 2 | Tbsp. extra virgin olive oil           |   |  |

### INSTRUCTIONS

Preheat oven to 400°F. On a foil-lined baking sheet combine all ingredients except avocados. Toss to coat vegetables evenly with oil, then roast in oven for about 40 minutes, checking and turning every 10 minutes. Let the onion pieces caramelize and the peppers char, but remove from oven if they start to look like they will burn. Place peppers in a paper bag or small bowl with a lid to let the steam loosen their outer peel. Roasting time for the potatoes varies considerably depending on size. Test for doneness by piercing one potato with a fork - it should slide in with gentle resistance. When done, remove from oven and let cool. Peel outer peel from peppers and discard. Remove stems and seeds (keep some seeds for a spicier potato salad), dice and place in large bowl along with onions. Cut potatoes in bite-sized pieces and add to bowl. Stir in mashed avocado, adjust salt to taste and serve.

**Nutrition Information Per Serving:** Calories 180; Total Fat 9 g (Sat 1.5 g, Trans 0 g, Poly 1 g, Mono 6 g); Cholesterol 0 mg; Sodium 170 mg; Potassium 740 mg; Total Carbohydrates 23 g; Dietary Fiber 5 g; Total Sugars 3 g; Protein 3 g. % Daily Value\*: Vitamin A 2%; Vitamin C 35%; Calcium 2%; Iron 6%





## California Avocado Lobster Salad

Whether you use Pacific or Maine lobster, it's fabulous with California Avocado.

**SERVES 4**      **TIME 10 MINUTES**

### INGREDIENTS

- |                                     |  |
|-------------------------------------|--|
| 1 lb. cooked lobster, cut in chunks | Salt and pepper, to taste                                  |
| 1/3 cup finely diced celery         | 1 ripe, Fresh California Avocado, peeled, seeded and diced |
| 1/4 cup light mayonnaise            |  |
| 1 Tbsp. fresh lemon juice           |  |

\*Also delicious with crab, shrimp or a combination of shellfish.

### INSTRUCTIONS

In a large bowl stir together lobster, celery, mayonnaise and lemon juice. Season to taste with salt and pepper. Gently fold in avocado and serve immediately.

**Nutrition Information Per Serving:** Calories 230; Total Fat 12 g (Sat 1.5 g, Trans 0 g, Poly 3 g, Mono 6 g); Cholesterol 85 mg; Sodium 600 mg; Potassium 670 mg; Total Carbohydrates 7 g; Dietary Fiber 4 g; Total Sugars 1 g; Protein 24 g. % Daily Value\*: Vitamin A 4%; Vitamin C 10%; Calcium 10%; Iron 4%



## Grilled Avocado, Hatch Chile & Peach Salsa

A taste of New Mexico and California together in a delicious salsa.

**SERVES 4**      **TIME 20 MINUTES**      **VEGAN**

### INGREDIENTS

- |  |   |
|--|---|
| 1 ripe, Fresh California Avocado, lightly grilled and diced* | 1 Tbsp. lemon or lime juice, plus more for grilling avocado |
| 2 large or 4 small roasted Hatch chiles, seeded and diced    | 1 Tbsp. olive oil, plus more for grilling avocado           |
| 2 ears corn, lightly grilled and cut from cob, optional      | 1 pinch sea salt  |
| 2 ripe peaches, lightly grilled and diced                    | Fresh cracked pepper, to taste                              |

\*To grill an avocado, cut in half and remove seed. Drizzle with fresh lemon or lime juice and brush lightly with olive oil. Gently place cut-side down on grill over hot coals for 2-3 minutes.

### INSTRUCTIONS

In a large bowl, gently mix all the ingredients. Taste and adjust seasoning. Serve. You can vary this recipe by using other in-season fresh chiles and stone fruit such as nectarines and plums, or go Hawaiian with grilled pineapple.

**Nutrition Information Per Serving, including corn:** Calories 190; Total Fat 13 g (Sat 2 g, Trans 0 g, Poly 1.5 g, Mono 8 g); Cholesterol 0 mg; Sodium 90 mg; Potassium 490 mg; Total Carbohydrates 20 g; Dietary Fiber 5 g; Total Sugars 10 g; Protein 3 g. % Daily Value\*: Vitamin A 50%; Vitamin C 110%; Calcium 2%; Iron 4%





## Southwest Guacamole

Celebrate the zesty flavors of the American Southwest.

**SERVES 8**      **TIME 10 MINUTES**      **VEGAN**

### INGREDIENTS

- |   |   |   |  |
|---|---|---|--|
| 4 | ripe, Fresh California Avocados, peeled and seeded          | 2 | large cloves garlic, chopped finely, or to taste     |
| 1 | cup roasted corn*   | 2 | medium jalapeño peppers, chopped finely, or to taste |
| 1 | lemon, sliced thinly (with peel on), then cut in small dice | 1 | tsp. ground cumin, or to taste                       |
|   |   |   | Sea salt, to taste                                   |

\*To roast corn, soak 2 ears of corn in water for 1 hour. Remove husks and silk. Roast on oven rack in 375°F oven, turning occasionally, until kernels appear slightly shriveled. Cool and cut kernels from cob.

### INSTRUCTIONS

Coarsely mash avocado. Fold in remaining ingredients. Serve with red and blue corn tortilla chips if desired.

**Nutrition Information Per Serving:** Calories 240; Total Fat 17 g (Sat 2.5 g, Trans 0 g, Poly 2.5 g, Mono 10 g); Cholesterol 0 mg; Sodium 30 mg; Potassium 860 mg; Total Carbohydrates 10 g; Dietary Fiber 7 g; Total Sugars 4 g; Protein 6 g. % Daily Value\*: Vitamin A 4%; Vitamin C 30%; Calcium 2%; Iron 8%

## CALIFORNIA AVOCADOS – NATURE'S SUPERFOOD



## NATURE DID A SUPER JOB WITH CALIFORNIA AVOCADOS.

Not only are they creamy, delicious and beautiful, they are healthy, too!

One-third of a medium California Avocado contributes nearly 20 vitamins, minerals and phytonutrients along with good fats. Here's more good news:

-  **Serving Size:**  
1/3 medium California Avocado (50 grams)
-  **80 Calories**
-  **Sodium and Cholesterol Free**
-  **Good Source of Fiber (11% DV)**
-  **Good Source of Folate (10% DV)**
-  **6% DV Potassium**

\*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Average 8-ounce avocados are recommended for these recipes. If using smaller or larger size avocados adjust the quantity accordingly. As with all fruits and vegetables, wash avocados before cutting.





## California Avocado Veggie Burger

Native to the Mediterranean region, chickpeas also grow in the United States, primarily in western states. Together with California Avocado they make delicious veggie burgers.

**SERVES 4**      **TIME 20 MINUTES**      **VEGAN**

### INGREDIENTS

- |   |   |
|---|---|
| 1 [15-oz. can] chickpeas (garbanzos), drained and rinsed    | ¼ cup panko bread crumbs (gluten free if desired)                   |
| 1 ripe, Fresh California Avocado, peeled, seeded and halved | ¾ tsp. <b>each:</b> garlic powder, cumin, paprika, and chili powder |
| ¾ cup cooked brown rice                                     | Salt and pepper, to taste   |
| 3 Tbsp. chopped cilantro                                    | 2 Tbsp. lemon juice, divided  |
| ¼ cup sautéed chopped yellow onions                         | ⅓ cup vegan mayonnaise  |
|   | 4 vegan whole grain burger buns (or your choice of bun)             |

### INSTRUCTIONS

In a large bowl, mash chickpeas and half the avocado. Stir in rice, cilantro, onions, breadcrumbs, seasonings and 1 Tbsp. lemon juice; mix well. Divide mixture into four equal parts and form each into a flat, round patty. Grill using a grill basket, or sauté on high heat with a little olive oil, for 2-3 minutes on each side, until a golden crust is formed on both sides. Meanwhile make an avocado aioli by mashing together the remaining avocado and lemon juice with the mayonnaise. Add salt and pepper to taste. Warm buns, top with cooked patties and aioli. If desired add micro lettuces, tomato or other condiments.

**Nutrition Information Per Serving including 1 Tbsp. olive oil used for sautéing:** Calories 570; Total Fat 30 g (Sat 4.5 g, Trans 0 g, Poly 11 g, Mono 12 g); Cholesterol 5 mg; Sodium 640 mg; Potassium 490 mg; Total Carbohydrates 65 g; Dietary Fiber 14 g; Total Sugars 9 g; Protein 14 g. % Daily Value\*: Vitamin A 10%; Vitamin C 15%; Calcium 10%; Iron 20%



## Wild West Bison Burger with California Avocado

The spirit of the wild west is here with bison, BBQ sauce, fried onions and California Avocado.

**SERVES 4**      **TIME 30 MINUTES**

### INGREDIENTS

- |  |   |
|--|---|
| 1 yellow onion, peeled and sliced into thin rings              | 5 Tbsp. all-purpose flour                   |
| 1 lb. lean ground bison  | 3 Tbsp. olive oil, or more as needed        |
| 1 ½ Tbsp. stone ground mustard                                 | 4 whole grain, sesame seed buns             |
| ½ Tbsp. fresh ground black pepper                              | ½ cup barbecue sauce                        |
| 2 tsp. kosher salt, or to taste                                | 4 oz. dill or bread and butter pickle chips |
| 1 ripe, Fresh California Avocado, peeled, seeded and quartered |   |

### INSTRUCTIONS

Separate onion layers & place in bowl of cold water. Meanwhile, gently combine bison, mustard, pepper and half the salt. Form 4 ½"-thick patties; reserve. Slice avocado quarters into thin slices and gently fan each slice so they overlap. Cover and reserve. Drain onions, pat dry. In a mixing bowl combine flour and remaining salt; add onions and coat thoroughly. Heat 1 Tbsp. oil in a large nonstick pan. When hot, add an even layer of onions; cook 3-4 minutes until golden brown and crispy. Repeat with remaining onions. In same pan, heat remaining oil on medium high heat. Add two patties, cover and cook 4 minutes on each side. Repeat with other patties. Without cleaning pan, add buns cut-side down; toast 1-2 minutes. Assemble burgers with barbecue sauce on bun, patty, avocado slices, pickle chips and fried onions.

**Nutrition Information Per Serving:** Calories 570; Total Fat 30 g (Sat 7 g, Trans 0 g, Poly 3 g, Mono 17 g); Cholesterol 80 mg; Sodium 1110 mg; Potassium 810 mg; Total Carbohydrates 41 g; Dietary Fiber 6 g; Total Sugars 9 g; Protein 36 g. % Daily Value\*: Vitamin A 4%; Vitamin C 15%; Calcium 8%; Iron 35%





## Portland Porchetta Sandwich with California Avocados

**SERVES 4**      **TIME 15 MINUTES**

### INGREDIENTS

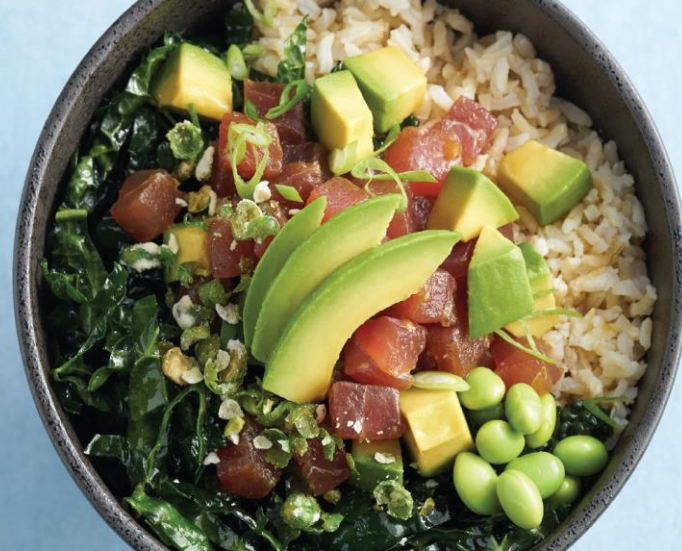
- |   |   |     |  |
|---|---|-----|--|
| 3 | pearl tomatoes                                    | 8   | oz. warm roast Porchetta slices*                           |
| 1 | clove garlic                                      | 2   | ripe, Fresh California Avocados, peeled, seeded and sliced |
| 1 | Tbsp. drained capers                              | 1/4 | tsp. freshly ground black pepper                           |
| 1 | tsp. minced sage                                  |     |  |
| 1 | Tbsp. chopped parsley                             |     |  |
| 1 | green onion, quartered                            |     |  |
| 4 | small artisan rolls or 2 long pretzel buns, split |     |  |

### INSTRUCTIONS

In a blender or food processor combine tomatoes, garlic, capers, sage, parsley and green onion. Pulse until it has a pesto-like consistency. Spread tomato mixture on the insides of the rolls. Mash half the avocado slices on the bottom halves of the rolls. Top with warm Porchetta, remaining avocado slices and the roll tops.

\*Visit <http://bit.ly/porchetta-avocado-sandwich> for instructions to make roast Porchetta or purchase cooked Porchetta in the deli.

**Nutrition Information Per Serving:** Calories 350; Total Fat 22 g (Sat 4.5 g, Trans 0 g, Poly 2 g, Mono 10 g); Cholesterol 45 mg; Sodium 730 mg; Potassium 540 mg; Total Carbohydrates 21 g; Dietary Fiber 8 g; Total Sugars 3 g; Protein 20 g. % Daily Value\*: Vitamin A 8%; Vitamin C 25%; Calcium 6%; Iron 10%



## California Avocado & Ahi Poke Bowl

Two Pacific gems – Hawaii and California – meet up in this easy and tasty entrée.

**SERVES 4**      **TIME 45 MINUTES**      **DAIRY-FREE**

### INGREDIENTS

- |     |  |     |                                      |
|-----|--|-----|--------------------------------------|
| 1   | lb. ahi tuna sashimi                               | 2   | Tbsp. finely chopped green onions    |
| 1/4 | cup ponzu  | 2   | Tbsp. sriracha mayonnaise, optional  |
| 2   | Tbsp. reduced-sodium soy sauce                     | 3   | cups cooked brown rice, hot          |
| 2   | Tbsp. extra virgin olive oil                       | 1/2 | cup edamame beans (thawed if frozen) |
| 2   | cups shredded kale (leafy parts only, no stems)    | 2   | Tbsp. crushed wasabi peas            |
| 2   | ripe, Fresh California Avocados, peeled and seeded |     |                                      |

### INSTRUCTIONS

Cut tuna into 1/2" cubes. Combine with ponzu and soy sauce. Cover and refrigerate for 30 minutes. Meanwhile, massage oil into shredded kale; reserve. Dice one avocado and slice the other. Mix marinated tuna, green onions and the diced avocado. For a spicy tuna version mix in sriracha mayonnaise. To assemble the poke bowls, divide the hot rice and kale among 4 individual large bowls. Top with tuna mixture and garnish with sliced avocado, edamame beans and crushed wasabi peas.

**Nutrition Information Per Serving without sriracha mayonnaise:** Calories 590; Total Fat 25 g (Sat 3.5 g, Trans 0 g, Poly 3 g, Mono 16 g); Cholesterol 75 mg; Sodium 760 mg; Potassium 680 mg; Total Carbohydrates 51 g; Dietary Fiber 11 g; Total Sugars 4 g; Protein 38 g. % Daily Value\*: Vitamin A 25%; Vitamin C 40%; Calcium 8%; Iron 15%





## Seafood Cavatappi with California Avocado & Roasted Tomatoes

A celebration of Pacific flavors, from Alaska to California.

SERVES 6      TIME 40 MINUTES      DAIRY-FREE

### INGREDIENTS

|  |  |
|--|--|
| 16 oz. multi-color cherry or grape tomatoes      | 8 oz. chopped cooked King crab, warm                         |
| 8 oz. artichoke heart quarters, thawed if frozen | 4 oz. wild Pacific salmon, grilled or broiled, cut in chunks |
| 2 Tbsp. avocado or olive oil                     | 2 ripe, Fresh California Avocados, peeled and seeded         |
| ½ tsp. red pepper flakes                         | ¼ cup fresh lemon juice, preferably Meyer                    |
| 2 cloves garlic, minced                          | Sea salt, to taste   |
| 1 tsp. chopped fresh thyme                       |  |
| 2 cups uncooked cavatappi pasta                  |  |

### INSTRUCTIONS

Preheat oven to 425°F. Place tomatoes and artichoke hearts in a large cast iron skillet. Combine oil, pepper flakes and half the garlic and thyme; drizzle over the tomatoes and artichoke hearts. Bake for 15 minutes or until tomatoes have cracked and released some of their juices. Meanwhile cook cavatappi according to package directions; drain, reserving 1 cup of pasta water. Quarter and slice one avocado, set aside. Blend together the other avocado, garlic, half the lemon juice and ¼ cup hot pasta water to make a smooth sauce. Salt to taste. Stir pasta into sauce. Remove skillet from oven. Add pasta to the skillet and stir gently. If needed add additional pasta water. Top with seafood, avocado slices, remaining lemon juice and thyme.

**Nutrition Information Per Serving:** Calories 530; Total Fat 18 g (Sat 2 g, Trans 0 g, Poly 2.5 g, Mono 10 g); Cholesterol 30 mg; Sodium 570 mg; Potassium 710 mg; Total Carbohydrates 69 g; Dietary Fiber 9 g; Total Sugars 6 g; Protein 24 g. % Daily Value\*: Vitamin A 20%; Vitamin C 45%; Calcium 6%; Iron 20%



## California Avocado Lime Chicken with Wild Rice

Wild rice – a gem from the prairie states – is a nice complement to California Avocado Lime Chicken.

SERVES 4      TIME 40 MINUTES

### INGREDIENTS

|  |   |
|--|---|
| 4 [4-oz.] boneless, skinless chicken breasts | 2 cups cooked wild rice                             |
| ½ tsp. each garlic powder and onion powder   | 1 cup cooked spinach                                |
| Salt and pepper to taste                     | 1 ripe, Fresh California Avocado, peeled and seeded |
| 1 ½ Tbsp. grape seed or avocado oil          | 1 Tbsp. lime juice, or more to taste                |
| ⅓ cup chicken stock                          | ⅓ cup light sour cream                              |
| 8 oz. white mushrooms, sliced                |   |

### INSTRUCTIONS

Pre-heat the oven to 350°F. Season chicken on both sides with seasonings. Heat 1 Tbsp. oil on high heat in a large, oven-safe sauté pan. Cook chicken about 2 minutes on each side until golden brown. Add chicken stock to pan; place in oven. Cook about 10 minutes, or until chicken is completely cooked through. Meanwhile heat remaining oil on high heat in another large sauté pan. Add mushrooms; cook for about 3 minutes or until the liquid has released from mushrooms and reduced by half. Reduce heat to medium. Mix in rice and spinach. Season to taste. Remove from heat. Blend avocado, juice and sour cream until very smooth. Add salt and pepper if desired. Divide rice mixture between four plates, top with sliced chicken breasts and dollop avocado lime cream sauce on the side.

**Nutrition Information Per Serving:** Calories 410; Total Fat 18 g (Sat 3.5 g, Trans 0 g, Poly 5 g, Mono 7 g); Cholesterol 90 mg; Sodium 170 mg; Potassium 990 mg; Total Carbohydrates 28 g; Dietary Fiber 7 g; Total Sugars 2 g; Protein 34 g. % Daily Value\*: Vitamin A 100%; Vitamin C 20%; Calcium 10%; Iron 15%





## Dairy-Free Creamy Lime Gelatin

California Avocados are the key to this fun, creamy gelatin.

**SERVES 8**      **TIME 10 MINUTES, PLUS 3 HOURS CHILL TIME**

### INGREDIENTS

- |   |  |
|---|--|
| 1 [6-oz.] pkg. lime gelatin                                     | 1 cup ice-cold water                               |
| 2 cups boiling water  | 1 [16-oz.] can crushed pineapple in juice, drained |
| 2 ripe, Fresh California Avocados, peeled, seeded and quartered | 2 cups miniature marshmallows                      |

### INSTRUCTIONS

In a medium, heat-safe bowl stir boiling water into gelatin. Stir until completely dissolved. In a large blender combine the avocado and cold water. Blend until smooth. Carefully pour hot gelatin into the blender with the avocado mixture. Blend until smooth. Place the pineapple and marshmallows in a 13 x 9-inch pan and top with the gelatin [or use individual cups as shown], stir. Refrigerate 3 hours or until firm. Top with fresh berries if desired.

**Nutrition Information Per Serving:** Calories 240; Total Fat 7 g (Sat 1 g, Trans 0 g, Poly 1 g, Mono 5 g); Cholesterol 0 mg; Sodium 120 mg; Potassium 310 mg; Total Carbohydrates 43 g; Dietary Fiber 4 g; Total Sugars 35 g; Protein 3 g. % Daily Value\*: Vitamin A 2%; Vitamin C 15%; Calcium 2%; Iron 2%

## California Country Cookies

In California we love the goodness of oats, seeds, avocados and dark chocolate, so we combined them in these delectable cookies!

**SERVES 48 COOKIES**      **TIME 40 MINUTES**      **VEGETARIAN**

### INGREDIENTS

- |   |   |
|---|---|
| 2 Tbsp. chia seeds                                      | $\frac{3}{4}$ cup [packed] light brown sugar            |
| $\frac{1}{4}$ cup water                                 | 1 egg   |
| 1 cup all-purpose flour                                 | 1 tsp. pure vanilla                                     |
| $\frac{1}{4}$ cup ground flax seeds                     | 1 $\frac{1}{2}$ cups uncooked rolled oats (not instant) |
| 1 tsp. baking soda                                      | $\frac{1}{4}$ cup hemp seeds                            |
| $\frac{1}{4}$ tsp. fine sea salt                        | $\frac{1}{4}$ cup roasted, salted sunflower seeds       |
| $\frac{1}{2}$ tsp. cinnamon                             | 1 cup dark chocolate chunks [62% cacao]                 |
| $\frac{1}{2}$ cup butter, softened                      |   |
| $\frac{1}{2}$ cup mashed ripe, Fresh California Avocado |   |

### INSTRUCTIONS

Preheat oven to 375°F. Combine chia seeds and water, set aside to thicken. Combine flour, ground flax seeds, baking soda, salt and cinnamon. Beat butter and mashed avocado together until very smooth. Add in sugar; mix until creamy. Beat in egg and vanilla, then chia seeds and water [should be like a gel]. Stir in flour mixture, then remaining ingredients. Drop dough by heaping tablespoons onto ungreased or parchment-lined cookie sheets. Bake 8 to 10 minutes. Cool for 2 minutes on baking sheets, then cool on wire rack.

**Nutrition Information Per Cookie:** Calories 90; Total Fat 5 g (Sat 2 g, Trans 0 g, Poly 0.5 g, Mono 0 g); Cholesterol 10 mg; Sodium 60 mg; Potassium 45 mg; Total Carbohydrates 11 g; Dietary Fiber 1 g; Total Sugars 6 g; Protein 2 g. % Daily Value\*: Vitamin A 2%; Vitamin C 0%; Calcium 2%; Iron 2%





## CALIFORNIA AVOCADOS

are generally in season spring through fall – at select retailers and restaurants. In stores, look for avocados with “California” on the label and when dining out ask your server for California Avocado specials to ensure that you are choosing avocados grown close to home.

For more recipes and information,  
visit [CaliforniaAvocado.com](https://CaliforniaAvocado.com)



California Avocado Commission  
12 Mauchly, Suite L  
Irvine, CA 92618  
949.341.1955